

What Motivates You to Practice Drums Every Day?

How will you overcome **inertia** – if you take a day off, your body “at rest” will tend to stay at rest? What will you say to yourself to help take advantage of **momentum** – a body “in motion” tends to stay in motion? What will motivate you to keep on keep’ n on?

What in the short run – this next week – will keep you going?

1. Do you mark your calendar every day you practice in big red letters: Awesome Drummer! Give credit where credit is due – give yourself praise. Heck, I sure will give honor to you for saying “yes” to your true desires instead of your whim of the day. Remember, 21 days in a row and you’ll have a habit that will be hard to break. Wouldn’t you like to be hooked on drumming?
2. Do you have a reward for not missing a day that week? I do – an ice cream sundae at DQ! When I think about this, I smile big time, lick my lips, rub my tummy, and say to myself “I’ll get my practice in one way or another today.” Heck, if you can prove to me that you didn’t miss a day, I’ll reward you with something – you deserve it!
3. Do you think of how much happiness drumming brings you – once you sit down and start? How many people have anything that’s consistently fun to do? There is never a dull moment when it comes to drumming – how many people can say that? Aren’t you blessed? If you think about, is there something else that as rewarding as creating cool beats, fills, and solos? How many people can say they know how to make music, let alone make anything?

What in the long run – this year – will make your short-term goal-setting successful?

1. Have you thought that maybe you’ll be able to play drums with other musicians to make really cool music the rest of your life? Can you imagine the bands, CDs, DVDs, concerts, and other musical experiences that you could have – experiences that others just dream of, but you’ll be the one living their dream!
2. Have you thought how absolutely blessed you would be to make part or all of your income – income you’ll really, really need to make it through this life – playing and/or teaching drums? Isn’t that crazy! Other people are pouring tar on roofs, flipping burgers on a grill, pulling weeds, painting houses, laying tile, stocking shelves, unloading trucks, selling stuff, washing floors, picking up garbage, or a 1000 other mind-numbing, feet-killing, back-breaking jobs. Wouldn’t you love to make some extra money with your drums? If so, you’ll have to develop this skill to be able to sell it! It doesn’t grow on trees – neither does money – and it will take some time. Sow the seed consistently, water it daily, be patient, and you will reap a harvest – a harvest that others can only wish they had.
3. Can you imagine the excitement, beauty, joy, and other awesome feelings that you’ll not only feel yourself while playing your drums, but that you’ll be able to help others feel when they hear you perform? That should make you feel really proud – that you are doing such a good thing not only for yourself, but that you are helping bless other people! It feels really good when people say that my drumming really touched them, that it really did something for them. It feels equally great when a student and/or parent says that my teaching has really changed their life – that I made a difference in their lives. Wouldn’t you like to have your life be a blessing to others? Drumming and music can do this! How many other things that you do with your time will really amount to a hill of beans? At the end of next year, what will you have to show for the time you spent on whatever you spent it on?